



Bedford Recreation Department

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Kamate Fitness

Nancy Griffiths, Kamate Fitness President

<http://www.kamatefitness.com>

Nancy Griffiths is a certified personal trainer and Les Mills Instructor. Nancy holds a BS in Electrical Engineering and recently resigned from her executive position as VP of Engineering Operations in the BioTech industry to spend more time with her family. An avid fitness enthusiast since childhood, Nancy has been training and instructing almost 20 years and has been teaching Les Mills programs since 1998. She holds certifications from the Aerobic and Fitness Association of America (AFAA) in group fitness and personal training.

She is certified to teach BODYPUMP™, BODYJAM™, and BODYSTEP™. Nancy is passionate about her craft and is committed to sharing superior fitness programs with all demographics and all fitness levels.

Barbara Cook, Kamate Fitness BODYPUMP™ Instructor

Barbara Cook is a graduate of Virginia Tech where she majored in biology. Barbara has been leading group exercise classes since 1991. With over 20 years of experience in the fitness industry Barbara has taught around the world for a wide variety of populations. She is an AFAA Certified Group Fitness Instructor, holds a Christopher Newport University personal trainer certificate, and is trained in a variety of disciplines including Les Mills BODYPUMP™, Silver Sneakers, YogaFit, Madd Dogg Spinning, Powder Blue Turbo kick and Piyo instructor

programs. Barbara served as a Dept. of the Navy Fitness Coordinator for three years in Naples Italy and returned to MA where she enjoys instructing at a variety of clubs. Helping people stay active and healthy while having fun is her objective.

Tynel Jarnagin, Kamate Fitness BODYJAM™ Instructor

Tynel Jarnagin is a graduate of Western New England College with a BS in Business Administration and Management. A dancer at heart, Tynel grew up in a ballet, tap, and jazz studio. In 1994, she began teaching dance classes and group fitness after receiving her Primary Group Certification from AFAA. Tynel has lived and taught group fitness classes in Utah, California, North Dakota, Texas, and Massachusetts! While her favorite program is BODYJAM™, Tynel also teaches/holds certifications in TurboKick, PiYo, YogaFit, Step, Kickboxing, Pilates, and Water fitness. A former military wife with four children, Tynel identifies with all the stress of motherhood and loves to "let loose" in BODYJAM™!

Ayla Kavanagh, Kamate Fitness BODYPUMP™ Instructor

Ayla Kavanagh, originally from Guyana, grew up in New York. A spin and aqua instructor, Ayla joined the Kamate Fitness team in 2011. Ayla earned her masters degree in sport psychology, at Boston University and believes that the key to achieving a successful exercise program is the mental commitment. ("I think I can, I think I can"). Apart from teaching fitness classes, she is also a personal trainer (ACE) and a nutrition specialist. Occasionally, she will compete in a local triathlon, but for the time being she is having fun being a mom.

Melissa Neault, Kamate Fitness BODYJAM™ Instructor

Melissa found her passion for teaching group fitness/community outreach in Richmond, Virginia and is now based in Boston, Massachusetts. She holds an AFAA certification and is a licensed instructor for Les Mills International focusing on mixed martial arts (BODYCOMBAT™), strength (BODYPUMP™), dance fusion (BODYJAM™) and interval step programming (BODYSTEP™). In the gym, she brings high motivation and creates a welcoming environment for seasoned and

new participants, providing both the energy of a group setting and the opportunity for individual attention. Her new venture is youth fitness and is working with a club to establish programming needs. Melissa also leads and motivates in the business world as a Project Manager in the Boston area. Out of the office and into the community, she's mentored to a local Boston high school and assists them with building out a campaign to promote Human Rights. She volunteered to lead a hip-hop dance event to help raise money for the campaign. In September 2009, she helped launch Paul Pierce's FitClub34 by leading a large audience to experience the essence of mixed martial arts to fun music. Back in Richmond, she has volunteered and performed fitness classes at city health-fairs both in Virginia and Massachusetts engaging future participants to join in the fun! She holds a Bachelors of Science in Business Administration and minor in Public Relations from the University of Maine.